



The Treatment Times

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Whats New?

By Jeremy



During these last two months, there have been a lot of changes. Many new residents have come up the graduation trail to the farmhouse. They seem to be very excited by the move. Mark, Adam, Kelsey, Pat and Jules have all made it up and they are getting used to the big change.

It has been very chilly up here. The winds have howled and at times the temperature has been below zero, which is nuts! Frye and the Farmhouse went to an awesome Christmas party set up by the therapists. We got to play games and eat pizza. We all celebrated Hanukah, Christmas, and New Years. The Farmhouse got to stay up extra late on New Years eve and we all watched a movie- which was cool! At Frye, the level two yellow shirts have been replaced with purple ones because the yellow would always look so dirty. Purple is a much better color anyway.

We all said good bye to the big horse Bruce when he departed and welcomed the new horse Tucker. Tucker and the donkey Theo don't seem to get along too well.

These 2 months have been a lot of fun at Ironwood!



My Journey To The Farmhouse

Patrick's Journey:

I arrived at Ironwood on October 1st around two o'clock in the afternoon. I was pretty calm about the whole thing, and my transporters were really nice which helped me not freak out about the whole situation. My journey through orange wasn't anything out of the ordinary. It wasn't fun because I didn't want to be there. Overall, as an orange I think I did OK. Finally, on my thirty-seventh day another resident named Patrick, who graduated recently, gave me my yellow. That was probably one of the greatest days that I have had here. Before I got my yellow I was worried that I would lose my "drive" to step up and help out. I was actually more inspired afterwards and wanted to do everything and anything. It's pretty hard to describe the feeling. I felt as if I wanted to step up just because I was wearing a different color. I felt lucky to enjoy my first Parent Weekend as a yellow. The weekend was rough because I was pretty sure that I could convince my parents to take me out of the program. When they told me they wouldn't, I wasn't happy! The third day was better, and we said our farewells on a good note. The rest of my yellow days went smoothly. I had some rough patches here and there, but overall I felt I did a good job.

My friend Adam got here a day before me. I got my yellow before he did, but he got his papers first. When he got his papers, I was happy for him. He was my first best friend here, but it made me want my papers so much more. So I started worrying about it and really stressing out which set me back because that was something I needed to work on. So I didn't go up when Adam and Kelsey did, but I ended up getting my papers the day after, and presenting the following Thursday. Now I am beginning my journey at the Farmhouse. So far I have been here eleven days and I really enjoy it!



Adam's Journey To The Farmhouse



Eighty-one days ago, I came to a place called Ironwood. I was very, very angry, because I had no idea where I was. I was sitting in a circle with a tent behind me, and a bunch of yellow and orange shirted residents walking around and staring at me. When I first got off of reflection I had an in-depth conversation with a past resident about getting out of here and going home early. I immediately knew what this program was about after saying, "This is going to be a positive day Bill". Of course four days later I went back on reflection for five days, plus a day of work impact!

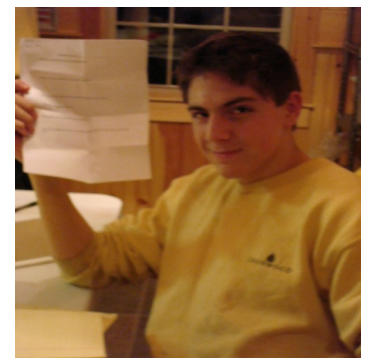
I said to my inner Adam, "NEVER AGAIN!". I was on a mission to get out of here the right way. I spent fifty days in orange. The day after parent weekend Joe and Greg came in with a stack of yellow shirts. My head went blank as they walked around the room. Suddenly, they threw the shirts toward me. It was a glorious day! Shortly after, on day sixty eight, I came out to the fire pit where Erin had called me, she gave me a slip of paper to start a fire. I took it from her and she told me to look at the paper. It was my level three promotion papers! I made it to the Farmhouse on day seventy-three. I am now a definite Farmhouse resident, and I am still working hard.



Marks Journey To The Farmhouse

I received my papers before Thanksgiving and waited two weeks until December fourth to present since Thanksgiving fell on a Thursday and Treatment Team does not occur on holidays. It was the longest two weeks of my life. The day finally came and I was extremely anxious. I was not sure how I was going to adjust. The walk up was unpleasantly terrific. It was cold and rainy, and my bag, plug guitar was extremely heavy but I was very excited. I was heart broken to leave Mufasa the cat behind but I didn't let that hold me back. When I reached the farm house everyone was cheering for me. I was ecstatic as I crawled under the fence and Ian greeted me, willing to take my bags. I had done it, I made it to the farmhouse!

"Welcome to The Farmhouse!", they told me.



Kelsey's Journey To The Farmhouse

When I first got to Ironwood I heard a lot of kids talking about going to the Farmhouse and how they couldn't wait to get their papers. Being on reflection, all I could think about was how I would never progress in this program, and make it up to the Farmhouse.

After I got my yellow, I really started to accept this program. I found myself changing for the better and I felt like I was ready to be more reasonable. I finally got my papers on December ninth. Bill asked me to call his dog outside. When I did, his dog came running up with my papers in her collar. I was so excited to move forward! I started writing my speech that night. When I presented I was extremely nervous. With all of the therapists and Lisa staring at me, I couldn't stop stuttering. Even though it was nerve wracking, it was worth it.

When I started walking up the graduation trail, I thought about how far I had come and how proud I was of myself for persevering. I love it at the Farmhouse. I am looking forward to the rest of the changes that I am going to make while I'm up here.



Animals By Harry

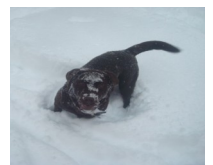
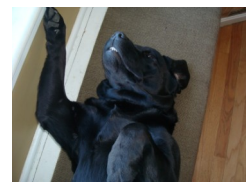
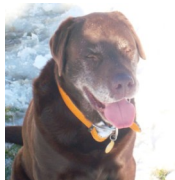
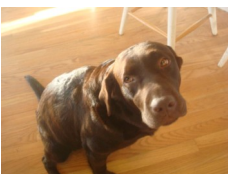


The animals are doing quite well. Magic the Black Lab is being her normal lazy self, and Moxie the Chocolate Lab is being Moxie...that is, looking like a seal and barking at Larry every time he walks into school! Breeze is always happy to see me when I approach her. Drake is an older Chocolate Lab that lives at Frye.

Petunia is a different story. We think she's going senile because she barks at trees and random invisible objects. She is still the Ironwood mascot and she is loved by a third of the Farmhouse residents. Nick is one of those.

Sunshine the pig has a nice warm home in the barn. She got a new sandbox to dig around in recently.

The horses are doing well. They have their moments every now and then but that's because they are horses. Last but not least, the secret agent barn cat, AKA Cheddar is still alive. She arrived in the indoor arena mysteriously one day, and doesn't say anything about her past!



Working With the Horses By Bryan

Here at Ironwood, I would say that at least half the kids know nothing about horses except that they are big! We have a barn manager named Kristy who knows what she is talking about. She teaches us what we don't know. Horses are very therapeutic and I am glad that we get to work with them.

I really like horses now. I have learned how to tack them up and ride them English style. There are eight horses, but some of them do not like to be ridden at all. They act tough but once you get on them and start riding, they start to respect you a lot more. I think of horses as dogs now, but I know they're bigger.



If you are scared of horses, they will be scared of you because they feed off your energy. You get to ride once a week at the farmhouse and Kristy picks the horse you will be riding. You may also earn a free ride, if you complete two chores for Kristy. I think having the riding experience really opens your eyes to new things, and lets you know that you can like something that you have never done before. I think horse riding is a good activity to learn.

Parent Weekend

By Justin



Last parent weekend, in November, went really well for everyone. The yellows got to show

their parents the campus.

Up at the Farmhouse we get to go off campus with our parents. Most families stayed at a local hotel, and some of the residents went swimming. Sunday morning the green residents all ate breakfast at a restaurant in Belfast. Matt and I, knowing where the fun is, ran into each other at the Bangor Mall and movie theater.

Parent Weekend is a look into the future as the residents build healthy relationships with their parents.

Sports By Nick

The Farmhouse does the best at sports. We play Frye a lot in capture the flag, and football. Those games are a lot of fun. We used to play football a lot, but now our field is covered in ice so we don't play as much. We also have a lot of snowball fights against Frye, and we all have lots of fun. Sports at Ironwood are extremely awesome and enjoyable.





Field Trips

By: Alex

From Christmas trees, talking moles, and dancing sugar plum fairies, The Farmhouse has been pretty busy with field trips. Earlier in December, we took a trip to a Christmas tree farm. When we got there we went inside a gift shop, ate doughnuts, drank cider, and also listened to some carolers. We went on a hay ride around the farm, scoping out the perfect tree. We all got off the hay ride and the guys ran towards a tree and cut it down! Good thing it turned out to be a nice tree! Next on our list of travels is a play called "The Wind in the Willows." We went into downtown Belfast to the Maskers Society. It had a very cute play filled with smart comebacks, gypsies, talking animals, and the cutest mole ever.

Kellie had us practicing our carols so we could be ready when we caroled at the nursing home. That was a lot of fun! The men and the women who resided there loved to hear us sing. They were a great audience, we even had some of them singing along with us.

Last but not least, we went to see the Nutcracker. That was personally my favorite trip yet. There were some very talented dancers. The boys were on their best behavior, parted their hair, British accents and all. After the ballet we went to get pizza! What a field trip!!

These trips have been awesome and we're all very lucky.



Advice from Lucas



Frye

- Accept where you are and make the best of it.
- Get along with your peers and help them out, after all you are going to be living with them for the next six to nine months.
- Learn the rules at Ironwood and follow them. It will keep you out of trouble.
- Be open and communicate with staff about problems, they can help you.

Farmhouse

- Complete your assigned chores on time and well.
- Set positive examples for others to follow.
- Keep working hard; the farmhouse is not supposed to be easy.
- Set goals for yourself that will help you when you graduate.
- Maintain a positive attitude.

Staff Of The Month ~ Darren

By Ian

Ian: How long have you been working here at Ironwood?

Darren: Since late August.

Ian: How do you like working here?

Darren: Its great!

Ian: What is your favorite part about working here?

Darren: I think that it is awesome to see how the residents progress.

Ian: Do you have a favorite memory here?

Darren: Probably any time that I have worked at Bill Ville.

Ian: What is our favorite color?

Darren: Green because it is a huge adjustment for residents when they first come up to the farmhouse.

Ian: What is your favorite Ironwood animal?

Darren: Donkey because he cracks me up!

Ian: Who is your favorite Superhero?

Darren: Spiderman!

Ian: What is your best personality trait?

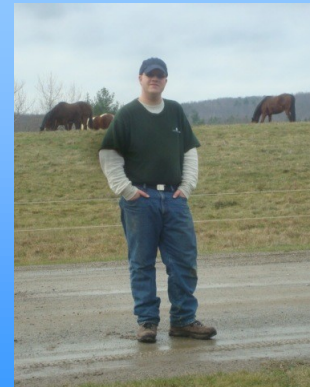
Darren: Patience, defiantly patience.

Ian: What are your plans for the future?

Darren: To build a small apartment on the second floor of my sister's barn.

Ian: What is your biggest fear?

Darren: Being responsible for someone's death.



Famous Recipe ~ Shrimp Dip

Ingredients

- 2 packages of cream cheese
- 2 cans of tiny shrimp
- 1 jar of cocktail sauce

Directions

1. Beat cream cheese with mixer until softened.
2. Add one can of shrimp to cream cheese and mix well.
3. Add jar of cocktail sauce. Mix well.
4. Add second can of shrimp. Mix just until shrimp are stirred in.
5. Serve with chips, crackers, or veggies.

Resident Of The Month ~ Harry

By Alycia



Alycia – What is your name?

Harry- My name is Harry!

Alycia – How long have you been here?

Harry – 136 days.

Alycia – How young are you?

Harry – 17.75 years old.

Alycia – What is currently your favorite Ironwood memory?

Harry – Uhhh .. going to Scoops.

Alycia – Ooh ... why?

Harry– Because it was my second day at the Farmhouse and it was awesome to get ice cream.

Alycia - What is your favorite food that we eat here?

Harry – Bob night. (Wednesday)

Alycia - If you could give the residents down at Frye some advice, what would you tell them?

Harry – Stop goofing around and work on leadership.

Alycia – Do you think you have changed since you have been here?

Harry – Yeah.

Alycia – Who is your favorite Ironwood animal, not including Magic because she would obviously win?

Harry- Breeze

Alycia – If you could describe yourself in one word, what would it be and why?

Harry – Uhh .. funny I guess .. yeah funny

Alycia – Where are you from.

Harry – Massachusetts

Alycia – Oh no way! Mass is the best state EVER. Anyways ..What was your biggest challenge being here?

Harry – Working on being impulsive

Alycia – What is your least favorite thing about Ironwood?

Harry – My least favorite thing is .. ohh gosh .. not being able to talk to my friends.

Alycia – What is your favorite thing about Ironwood?

Harry – Getting ripped during Circuit Seven.

Alycia – What is the most embarrassing thing that has happened to you since you have been here?

Harry – When I made a body noise during Native American Studies and it was very awkward.

Alycia – Do you have anything else interesting to say?

Harry – Ooh Neigh.

Home Visits By Ally

Home visits are what all Ironwood residents look forward to. Oranges, yellows, greens, and blues all are trying to get to this step in the program. This experience is as good as the resident makes it. The purposes of the week long home visit are to spend time with your family, and to get a good taste of what being home for good will be like. This helps also to see if the home contract that you and your family have made is actually going to work for everyone.

My home visit went really well and I got to reunite with all my friends and extended family that I have been writing to since I had arrived at Ironwood. They are something to look forward to!



Graduates!



Patrick, Kevin



Mollie



Ally

**Congratulations to all of our graduates!!
Everyone at Ironwood wishes you the very best!!**

Editors Note

Making the *Treatment Times* was a good experience for me and I enjoyed it a lot! I would like to thank Brian for giving me the opportunity and Bonnie for getting me these awesome pictures!



About the Editor

Hello my name is Jeremy, I am 18 years old currently level 4 and I am from Connecticut. My favorite color is red and my favorite type of movie is comedy. I have been at Ironwood for over 7 months and in the future I am hoping to become a sports journalist.

